



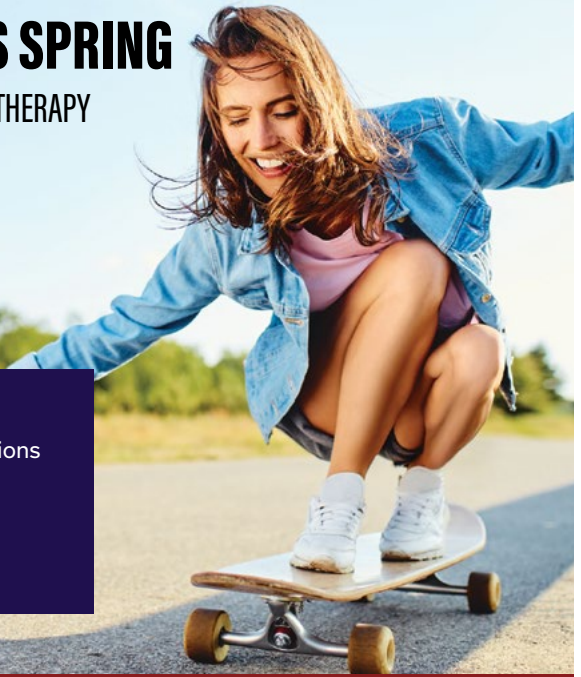
HEALTH & WELLNESS NEWSLETTER

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HOW TO FIND RELIEF FOR YOUR FOOT PAIN WITH PHYSICAL THERAPY THIS SPRING

COME BACK TO PHYSICAL THERAPY



INSIDE:

- Treating Foot Pain Conditions With Physical Therapy
- Healthy Recipe
- Patient Success Spotlight

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STEP INTO RELIEF! PHYSICAL THERAPY CAN HELP WITH YOUR FOOT PAIN



Do you spend a lot of time on your feet? Do you notice your feet seem to remain sore regardless of your physical activity? You may benefit from having a physical therapist assess your condition and help you find a solution! At Ellis Physical Therapy, our physical therapists are experts at treating all types of foot pain. Rather than wait and see if you're going to get better, let us take a look and see if we can help!

What are the most common foot conditions that cause pain? Foot pain can negatively affect your walking ability, balance, and overall independence. Foot disorders have also been linked to an increased risk of falls and reduced quality of life. Whether you are hoping to enjoy hikes, strolls, runs, or just make it through the grocery store without pain, it is important to make sure you're taking care of your feet. If you begin to experience pain in your feet, it could be a sign of a deeper issue, and seeking help sooner than later can help you resolve any issue you may have.

While many different factors could be leading to the discomfort you are feeling, some of the most common conditions of the foot that we treat are sprains/strains, tendinitis, plantar fasciitis, and neuropathy:

Sprains/strains: A sprain is an overstretching or tearing of a ligament, whereas a strain is an overstretching or tearing of muscle or tendon. An awkward step or a slip of some kind can result in an injury to the soft tissue. In either case, the tissue is typically injured by a specific trauma. The severity of the sprain/strain will determine the time frame for healing and recovery.

Tendinitis: Tendinitis is often known as an overuse injury or a repetitive stress injury. Tendinitis occurs when the tendons become inflamed, resulting in swelling and pain, especially with movement of the affected area. Tendinitis in the feet is commonly referred to as Achilles tendonitis and/or peroneal tendonitis.

Plantar fasciitis: Plantar fasciitis is a painful condition involving the bottom, inner aspect of the heel that is worse following periods of non-weight bearing (i.e., the morning after sleeping, after prolonged sitting). The plantar fascia is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Although the name suggests inflammation is present, recent research has demonstrated that the plantar fascia is not inflamed but degenerating tissue. This change is vital to the course of treatment and positive outcomes.

Neuropathy: Neuropathy refers to a disease state of nerves. This typically occurs in people who have diabetes, which damages the nerves, especially in the feet. In addition, circulation issues like peripheral vascular disease can cause neuropathy in the feet and lower legs. Neuropathy can be especially problematic as the lack of sensation in the feet can lead to cuts or injuries without the person knowing. The sensation changes can also make you more susceptible to balance issues and falls.

Fortunately, physical therapy can improve your situation and get you moving comfortably once again, regardless of the condition.

TREATING FOOT PAIN CONDITIONS WITH PHYSICAL THERAPY

Rehabilitation should start immediately to ensure the fastest recovery possible after most injuries or the development of pain. Our physical therapists are experts at treating foot pain and will conduct a thorough evaluation to determine the injury's severity. We will perform a hands-on assessment and a gait analysis to identify any other weaknesses or limitations that may affect your walking, stability, strength, or overall function.

Next, your therapist at Ellis Physical Therapy will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will develop an individualized program that includes:

- Pain relief techniques
- Targeted manual techniques
- Individualized mobility work
- Strengthening
- Dynamic movements including balance, coordination, and gait training
- The use of any modality that may help including, e-stim, ultrasound, laser, and shockwave therapies.

The goal of physical therapy is to improve mobility, restore function, reduce pain, and prevent further injury by using various methods, including exercises, stretches, traction, electrical stimulation, and massage.



Contact us today. If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact Ellis Physical Therapy for assistance. We'll provide you with an individualized treatment plan based on your specific needs, so you can get back to doing the activities you love as quickly as possible!

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<https://orthopedicassociates.org/facts-about-foot-pain-that-you-probably-didnt-know/>

EXERCISE ESSENTIALS

*Flexibility, strength, and stability are needed to keep you loose and pain-free... **Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.***

FOOT FLEX

Sit with your foot slightly elevated on a box. First flex your toes toward you then flex your toes away from you. Repeat 10 times on each foot.

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Patient Success Spotlight

"I was elated with any change or improvement so quickly!"

"I have only had one session so far with Ellis PT & Associates. Jason reduced my pain by 50% after one visit. I don't know how long this will last right now, but I was elated with any change or improvement so quickly. I'm excited for the rest of my visits and see if we can get this evil dragon called pain killed and out of my low back and legs." - **J.E.**



Call Us At (208) 266-2695 Today To Schedule An Appointment!

SPRING IS RUNNING SEASON! ARE YOU IN YOUR BEST SHAPE?

Are you looking forward to starting back up running after a long winter? At Ellis Physical Therapy, our therapists understand running injuries, and we will make sure you run pain-free this Spring! Runners are often misled into believing unproven solutions to avoiding pain and injury. Not many people know that the number one risk factor for runners to sustain an injury is having had an injury in the last 12 months.

The other most common risk factors are:

- Running experience of 0–2 years
- Restarting running after extended rest
- Overtraining (i.e., more than 40 miles per week)

To ensure you can get back to running or increase your mileage without pain or injury, start with an injury evaluation and a biomechanical assessment to identify any factor that could contribute to pain or injury. Our therapists will take a thorough history to understand your training schedule, previous injuries, and overall health status. We use this information to create an individualized program to alleviate pain and get you back to running without limits. Request an appointment at Ellis Physical Therapy today!



Sources: <https://journals.sagepub.com/doi/abs/10.1177/0363546518773755>
<https://www.sciencedirect.com/science/article/abs/S0966636218316758>
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Healthy Recipe

SHRIMP FRIED RICE

INGREDIENTS

- 1 ½ cups water
- 1 cup instant brown rice
- 2 tbsp hoisin sauce
- 4 tsp reduced-sodium soy sauce
- 2 tsp toasted sesame oil
- 4 tsp canola oil, divided
- 2 large eggs, lightly beaten
- 8 oz peeled & raw small shrimp
- 2 tbsp minced fresh ginger
- 4 cups stringless snap peas
- 1 medium red bell pepper, cut into



- ½-inch pieces
- 2 medium carrots, thinly sliced
- 4 scallions, chopped

INSTRUCTIONS:

Combine water and rice in a small saucepan. Bring to a boil over high heat. Cover, reduce heat to medium-low and simmer for 10-12 minutes. Spread the rice out on a large baking sheet to cool. Combine hoisin sauce, soy sauce and sesame oil in a small bowl; set aside. Heat 1 tsp canola oil in a large nonstick skillet over medium-high heat. Add eggs and cook, stirring to help break into smaller pieces for 45 seconds. Transfer the egg to a bowl. Add another 1 tsp canola oil to the skillet and return to medium-high heat. Add shrimp and cook, stirring occasionally for 1 1/2 to 2 minutes. Transfer the shrimp to the bowl. Heat the remaining 2 tsp oil in the skillet over medium-high heat. Add ginger and cook, stirring, until fragrant, about 30 seconds. Stir in snap peas, bell pepper, carrots and scallions; cook, stirring occasionally, until tender-crisp, 3 to 4 minutes. Stir in the rice and the reserved egg and shrimp; cook, stirring, until heated through, about 1 minute. Remove from the heat and gently stir in the sauce mixture.



Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

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